

Writing It Out

Supporting women's health



WHEN: Thursday 16th November, from 11am-3.30pm

WHERE: World Museum, William Brown St, Liverpool, L3 8EN

WHAT: Join us for **3 wellbeing workshops** designed to nourish and inspire you. Create your own oasis of calm, find new ways to build resilience, and marvel at the underwater wonders in the World Museum's atmospheric aquarium! You'll be guided step-by-step through a series of writing for wellbeing activities by WriteWell tutor Kate McBarron. This event is suitable for all levels of ability – no experience with writing for wellbeing is needed. Just bring your curiosity and a willingness to explore through words.

- **11am** – Arrive and settle in.
- **11.30am-12.30pm – Creating Calm:** Enter this supportive space where we will take time out to relax and experience calming activities that will engage our senses and our imaginations.
- **1.15pm-2.15pm – Bouncing Forward:** When life throws a curveball, how can we overcome it and move forward feeling stronger than before? We'll look at what resilience means and how we can give our own resilience a lift.
- **2.30pm-3.30pm – Underwater Wonders:** Immerse yourself in the World Museum's spectacular aquarium as we explore the mysteries and wonders of underwater life and seek to uncover some of the treasures that connect us all.

For more info and to book, email: kate@writewellcommunity.com

WriteWell.
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**National
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